

**ABSTRACT**

5           A handle for sports equipment such as a lacrosse or hockey stick  
including cushioning and grip ribs. In one embodiment, the shaft of the handle  
defines one or more regions of reduced diameter or thickness such as, in one  
embodiment, a plurality of elongate longitudinal grooves extending around the  
periphery thereof in spaced-apart relationship. Interior cushioning ribs are defined  
in the region of the grooves by a layer of cover or coating material which is applied  
10       to the surface of the shaft and fills the grooves. In another embodiment, the shaft  
includes tapered regions in the shaft and the layer of cover or coating material fills  
the tapered regions to define cushioning ribs.

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